

# **Making Waves with the Thunder Rays – In Memory of Heather Saaltink**

## **Swim Meet**

- Date:** January 23<sup>rd</sup>, 2010
- Time:** Warmup: 12:00 pm                      Start: 1:00 pm
- Location:** Canada Games Complex – Thunder Bay
- Host Club:** Thunder Rays Masters Swim Club
- Facilities:** 8 lane Olympic sized pool 25 x75 m and divided into 3 sections;  
Meet will be within the middle section, and will occupy 6 lanes;  
Swirl pool on pool deck with hot tubs and saunas in the appropriate  
Men's or Women's facilities;  
Men's, Women's and Family change rooms are all wheelchair  
accessible and equipped with day use lockers.  
**YOU MUST BRING YOUR OWN LOCK!!!!**
- Rules:** Meet sanctioned by Masters Swim Ontario. All appropriate rules  
will be in effect. All swimmers must be registered with MSO or  
with their appropriate Provincial or State Masters / Sports  
Organization
- Age Groups:** Individual Events ~ 18-24; 25-29; .....75-79; increasing in 5  
year increments
- Relay Events ~ 72-99; 100-119; 120-159; 160-199; increasing in  
40 year increments
- Entry Limits:** Swimmers may enter a maximum of 6 events, not including relays
- A swimmer may not compete more than once per relay or  
individual event
- Deck entries will be accepted as exhibition swims (to fill empty  
lanes only!)
- New heats will not be created
- Meet Management reserves the right to combine events to provide  
the best experience for swimmers

**Awards:** There will be at least 2 “bell races” where after the race has started a bell will ring indicating that the person placing at a pre-determined place will receive a prize

Suitable (and possibly unsuitable!) prizes will be awarded to teams and individuals during the Banquet/Social after the races in the afternoon

**Banquet/Social:** A dinner and social will be provided to those who purchase tickets with their registration – Fox and the Hedgehog in the Travelodge Hotel (see map for location).

**Electronic Entries:** Clubs are encouraged to enter electronically using the Hy-Tek program. Meet event download will be available by e-mail. Please submit entries to Erin Banton at [forestry1@hotmail.com](mailto:forestry1@hotmail.com).

**Electronically Mailed Entries:** Can be sent to Erin Banton at [forestry1@hotmail.com](mailto:forestry1@hotmail.com)

**Mailed Entries:** Can be mailed to:  
Thunder Rays Masters Swim Club  
C/O Canada Games Complex  
420 Winnipeg Ave  
Thunder Bay, ON P7B 6B7

**Entry Deadline:** January 13<sup>th</sup>, 2010

**Entry Fees:** MSO Fee - \$2.00/swimmer  
Individual Events - \$5.00/event  
Relays - \$8.00/team (\$2.00/swimmer)  
Buffet Dinner - \$25.00/person

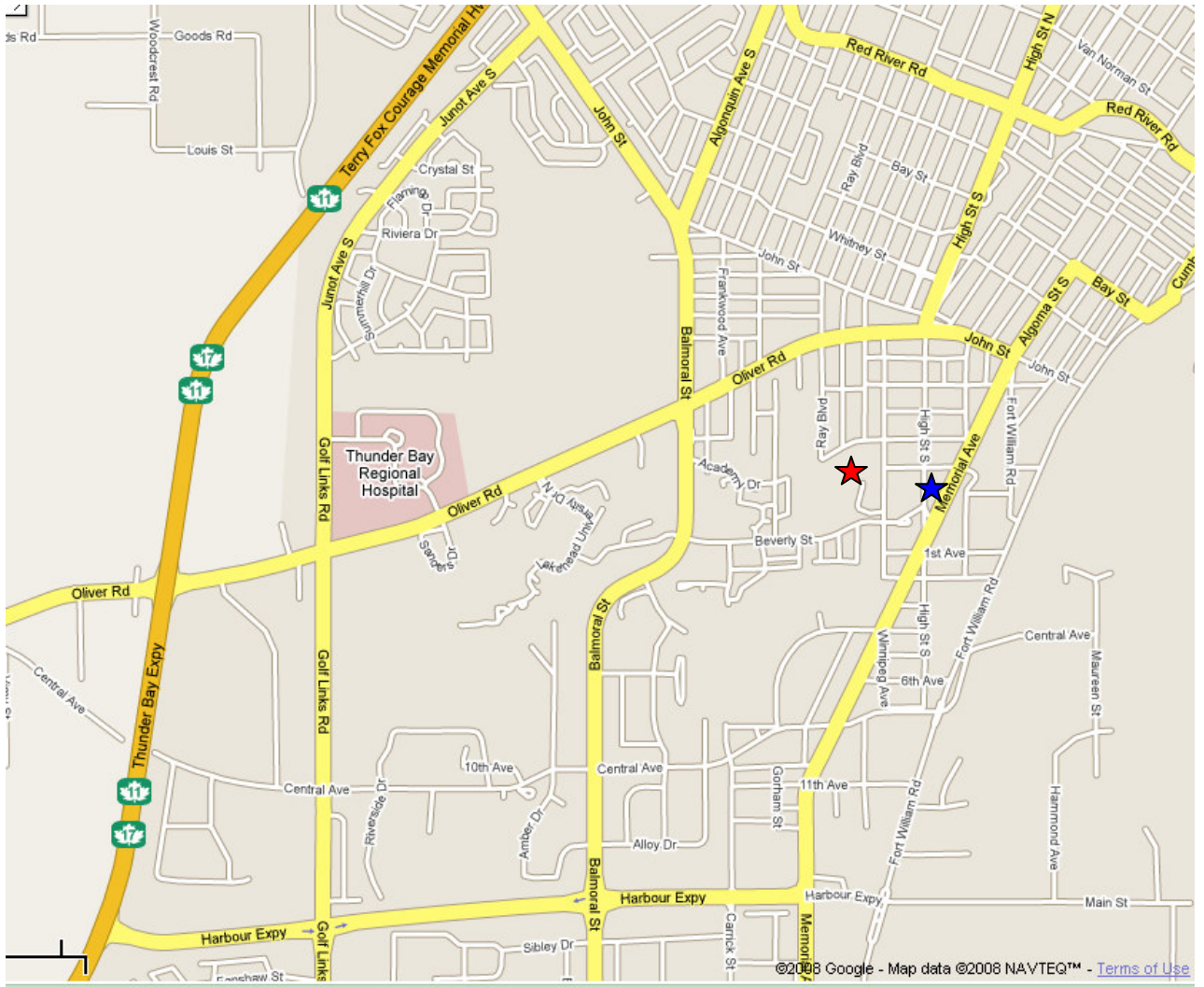
**Package deal (\$50.00) includes all swimmer fees, up to 6 individual events, participation in any/all relays and a ticket to the banquet (buffet dinner)**

**Entry Fees Payable to:** Thunder Rays Masters

**Meet Manager:** Erin Banton  
Canada Games Complex  
420 Winnipeg Ave  
Thunder Bay, ON P7B 6B7  
807-768-2339  
[forestry1@hotmail.com](mailto:forestry1@hotmail.com)

**Hotel Information:** A block of 10 double rooms have been reserved for January 22<sup>nd</sup> and 23<sup>rd</sup> at the Travelodge Thunder Bay. Please quote G00019-29 (or Thunder Bay Swim Meet) when making your reservation to guarantee the flat rate of \$85.00 + tax / night for up to 4 people in a room. Bookings must occur by January 8<sup>th</sup>. This rate includes a continental breakfast of fruit, yogurt, hard boiled eggs, hot/cold cereals, bagels, muffins, juice, coffee and tea from 6:00 am to 10:00 am daily. There are 2 restaurants on site, a pool, sauna and fitness center. This motel is only a 5 minute walk from the pool.

**Travelodge Thunder Bay**  
450 Memorial Avenue,  
Thunder Bay, ON P7B 3Y7  
(807) 346-2343  
1-800-578-7878



- ★ Indicates the Canada Games Complex
- ★ Indicates the Travelodge Thunder Bay

## Making Waves with the Thunder Rays Swim Meet Individual Entry Form

Name \_\_\_\_\_ Age \_\_\_\_\_ Birthday \_\_\_\_\_  
 Address \_\_\_\_\_  
 Club \_\_\_\_\_ MSO # \_\_\_\_\_  
 E-mail \_\_\_\_\_

Female Events	Stroke	Male Events	Entry Time	Cost
1A – 400 Freestyle 1B – 400 IM	400 Freestyle 400 IM	2A – 400 Freestyle 2B – 400 IM		
3	200 Mixed Freestyle Relay	4		
5	25 Backstroke	6		
7	25 Butterfly	8		
9A–200 Freestyle 9B–200 Backstroke 9C-200 Breaststroke 9D-200 Butterfly	200 Choice <sup>1</sup>	10A–200 Freestyle 10B–200 Backstroke 10C-200 Breaststroke 10D-200 Butterfly		
11	100 Freestyle	12		
13	<b>25 Back Kick FUN with Water Toy<sup>2</sup></b> (individual, men vs women!)	14	N/A	
15	50 Breaststroke	16		
17	200 IM	18		
19	100 Backstroke	20		
21	50 Butterfly	22		
23	<b>100 Fun Relay<sup>3</sup></b> (2 men/2 women per team)	23	N/A	
15 minute break – Nutrition Break				

<sup>1</sup> Circle the event and stroke that you will do during this swim

<sup>2</sup> 25 Back Kick is a fun individual event where the swimmers show their skill at balancing a small water toy on their forehead while kicking on their back to the other end of the pool. No hands may touch the toy other than to replace it if it falls off. This is a timed event. All times for the women will be averaged and compared to the average of the men's. This is solely to promote a healthy rivalry between sexes!

<sup>3</sup> Fun relay is a wet t-shirt relay, where shirts will be provided. Each swimmer must have their head and arms through the shirt and swim 25m freestyle followed by the successful transfer of the same wet shirt to the next swimmer in the relay. Swimmers must push off the wall once the shirt is completely on, failure to do so will result in that relay team not being eligible for the Fun Relay prize. A prize will be awarded to each swimmer on the winning team. This is a timed event.

25	100 Breaststroke	26		
27	100 Butterfly	28		
29	50 Freestyle	30		
31	25 Freestyle	32		
33	25 Breaststroke	34		
35	50 Backstroke	36		
37	100 IM	38		
39	200 Mixed Medley Relay	39		
41	800 Freestyle	42		

**Making Waves with the Thunder Rays**  
**Swim Meet**  
**Relay Entry Form**

<b>Event Number:</b>	<b>Event:</b>	<b>Total Relay Age:</b>
<b>Team Name:</b>	<b>Club:</b>	<b>Entry Time:</b>
<b>Swimmer 1:</b>	Age ~	
<b>Swimmer 2:</b>	Age ~	
<b>Swimmer 3:</b>	Age ~	
<b>Swimmer 4:</b>	Age ~	

<b>Event Number:</b>	<b>Event:</b>	<b>Total Relay Age:</b>
<b>Team Name:</b>	<b>Club:</b>	<b>Entry Time:</b>
<b>Swimmer 1:</b>	Age ~	
<b>Swimmer 2:</b>	Age ~	
<b>Swimmer 3:</b>	Age ~	
<b>Swimmer 4:</b>	Age ~	

<b>Event Number:</b>	<b>Event:</b>	<b>Total Relay Age:</b>
<b>Team Name:</b>	<b>Club:</b>	<b>Entry Time:</b>
<b>Swimmer 1:</b>	Age ~	
<b>Swimmer 2:</b>	Age ~	
<b>Swimmer 3:</b>	Age ~	
<b>Swimmer 4:</b>	Age ~	

<b>Event Number:</b>	<b>Event:</b>	<b>Total Relay Age:</b>
<b>Team Name:</b>	<b>Club:</b>	<b>Entry Time:</b>
<b>Swimmer 1:</b>	Age ~	
<b>Swimmer 2:</b>	Age ~	
<b>Swimmer 3:</b>	Age ~	
<b>Swimmer 4:</b>	Age ~	

**Making Waves with the Thunder Rays**  
**Swim Meet**  
**Team Entry Form**

**Team** \_\_\_\_\_ **Code** \_\_\_\_\_  
**Team Contact** \_\_\_\_\_  
**Phone** \_\_\_\_\_ **Fax** \_\_\_\_\_  
**E-mail** \_\_\_\_\_  
**Total Number of Participating Swimmers: Female** \_\_\_\_\_ **Male** \_\_\_\_\_  
**Total Number of Relay Teams: Mixed** \_\_\_\_\_ **Female** \_\_\_\_\_ **Male** \_\_\_\_\_  
**Total Number of Banquet Tickets Required:** \_\_\_\_\_  
**Total \$ Owing: \$** \_\_\_\_\_ (cheques payable to Thunder Rays Masters  
Swim Club)

Please mail your entry fees to:

Canada Games Complex  
Thunder Rays Masters Swim Club  
420 Winnipeg Ave  
Thunder Bay, ON P7B 6B7

**ENTRY DEADLINE: Wednesday January 13<sup>th</sup>, 2010**